

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Northwest YMCA

May 22-July 31, 2010

770-423-9622

| Time | Class | Instructor | Location |
|---------------|------------------------------|-------------------------|------------|
| MON. | | | |
| 8:10-9:10am | Body Sculpt | Mona B | Studio |
| 9:10-10:10am | Kickbox | Dawn | Studio |
| 10:10-11:10am | *Pilates | Sue | Studio |
| 9:45-10:45am | Club Y (club opens June 7) | Tammie | Spin Room |
| 10:00-11:00am | Hatha Yoga | Kimberly | Com Room |
| 11:10-12:10pm | *Fit Senior | Kimberly | Studio |
| 5:00-6:00pm | Step/Cardio Hour | Shayna K | Studio |
| 6:00-6:50pm | *Zumba® | Kimberly | Studio |
| 7:00-8:00pm | Kickbox | Margaret | Studio |
| TUES. | | | |
| 7:15-8:10am | Sculpt/Hi Def | Kimberly/Lisa H | Studio |
| 8:15-9:25am | Hatha Yoga | Kahlil | Studio |
| 9:30-10:30am | Step Challenge/Cardio Hour | Vickie | Studio |
| 10:30-11:30am | Total Body Conditioning | Tammie | Studio |
| 4:30-5:10pm | Pilates/Ult Abs | Kimberly | Studio |
| 5:10-6:00pm | *Hatha Yoga | Kimberly | Studio |
| 6:00-7:00pm | *Zumba® | Kimberly | Studio |
| 7:30-8:30pm | *Hatha Yoga/Stretch | Kimberly | Com Room |
| WED. | | | |
| 8:00-9:00am | *Pilates | Jen S | Studio |
| 8:30-9:30am | Yoga | Lisa H | Com Room |
| 9:00-9:45am | *Hippy Shake/Abs | Vickie | Studio |
| 9:45-10:45am | *Basic Conditioning | Sue | Studio |
| 10:50-11:50am | *Fit Senior | Andrea | Studio |
| 4:30-5:15pm | Boot Camp/Kickbox/ Abs | Merrill | Studio |
| 5:15-6:00pm | Sculpt Express | Merrill | Studio |
| 6:00-7:00pm | *Buff Bods Lil Bods | Mike | Studio |
| 7:00-8:15pm | Kickbox/Abs | Margaret | Studio |
| THURS | | | |
| 7:05-8:00am | Hatha Yoga/ Stretch | Kahlil | Studio |
| 8:00-9:00 am | Cardio Mix | Vickie | Studio |
| 9:00-10:00am | Sculpt | Mona B | Studio |
| 10:00-11:30am | Ultimate Conditioning | Tammie | Studio |
| 10:45-11:30am | *Fit Senior/Gentle Yoga | Sally | Spin Room |
| 4:50-5:30pm | *Express Sculpt/Abs | Andrea | Studio |
| 5:30-6:30pm | Step/Cardio Hour | Andrea | Studio |
| 7:00-7:45pm | Hip Hop Dance | Mona C | Studio |
| FRI. | | | |
| 8:10-9:00am | Pilates | Sue | Studio |
| 9:00-10:00am | Cardio Step | Sue | Studio |
| 9:00-10:00am | *Hatha Yoga/Stretch | Kahlil | Com Room |
| 9:15-10:00am | Jump n Abs | Don H. | GYM |
| 10:00-11:00am | Sculpt | Shayna | Studio |
| 11:00-12:00pm | *Lite Yoga/Low Impact Cardio | Andrea | Studio |
| 4:30-5:30pm | Cardio Sculpt | Sarah | Studio |
| 5:30-6:20pm | *Zumba | Stephanie(Family Class) | Studio |
| SAT. | | | |
| 9:00-10:00am | Hi Def | Margaret | Studio |
| 10:00-11:00am | Kickbox/Cardio Hour | Margaret | Studio |
| 11:00-11:50am | Hip Hop Dance | Mona C | Studio |

Class Descriptions

Facility members, ages 12 and older (unless otherwise noted), may choose to attend any of our group exercise classes as a benefit of membership. Please wear proper footwear & athletic attire when attending any fitness class.

Class Descriptions

Note: Group exercise classes incorporating dance are geared for cardio workouts, and not dance training.

Any class with a * next to it, is a class that is appropriate for someone new to Group Exercise or anyone in THE COACH APPROACH®

For additional information about Fitlinxx or THE COACH APPROACH-An Exercise Support Process®, please contact

**Melissa, Elizabeth or any fitness staff!
770-423-9622 ext. 369**



ULTIMATE ABS: Do you want a six pack? Intense abdominal/oblique work out!

***BASIC CONDITIONING:** An introduction to a variety of exercise modes: step, sculpt, pilates... anything goes! Great for beginners as well as seasoned class attendees.

BODY SCULPT: Tone and sculpt your muscles from head to toe by using the dumbbells, exercise tubing, and/or the Resist-a-ball.

BOOTCAMP: Kick it up a few notches with this high energy anything goes camp like format!

***BUFF BODS LIL BODS:** A sculpt class for the family. Hard enough to challenge the parents yet easy enough for the kids to learn how to exercise and weight lift properly.

CARDIO HOUR/MIX: Cardio conditioning is a vital part of many athletic training routines. Use various equipment to condition the heart and burn max calories.

CARDIO SCULPT: Get both your cardio and sculpting workout in one class!

CLUB Y: Join us in our spin room for a dance class with a club like atmosphere. Great for beginners and advance dancer alike. Pick up a ticket at the front desk on your way in to reserve your spot!

***FIT SENIOR:** Various Exercise designed for seniors utilizing bands, dumbbells and small balls, some cardio involved.

***GENTLE YOGA:** Slower version of traditional Hatha Yoga moves

***HATHA YOGA:** A form of exercise that works both the physical and mental aspects of the body, incorporates isometric exercise with flexibility & mat work in a rejuvenating & relaxing low impact class.

HI DEF: If you are serious about weight training & determined to have fun, this is the class for you. Using specialized equipment, moves & Power Pump music, our instructors will lead you right into fitness bliss. Once you attend, you won't want to stop.

***HIPPIY SHAKE:** All about the ABS! Try this belly dance style with some floor moves and shake it!!

HIP HOP DANCE: Learn some crazy hip hop and burn the calories in this fun class where you learn to Dance!

JUMP-N-ABS: Use Jump ropes and other cardio moves mixed with equal parts of abdominal conditioning! Meets in the GYM

KICKBOX/CARDIO KICKBOX: Basic, safe, and realistic kickboxing moves. Though the workout is intense, it is simple to follow and is easily modified to any fitness level.

***LITE YOGA/LOW IMPACT CARDIO:** Great for beginners or those who like basic yoga and low impact cardio moves.

***PILATES:** Exercise which emphasized the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement.

***SCULPT EXPRESS:** If you are short on time, come get your full-body workout done in 45 minutes. This class moves quickly, so come focused and ready to work!

STEP: An aerobic workout incorporating basic step patterns into simple combinations. May include upper body conditioning and abs work.

TOTAL BODY CONDITIONING: High intensity from beginning to end. Great for improving both cardio and strength components.

ULTIMATE CONDITIONING: Start with a pilates warm-up followed by high intensity cardio and strength training to challenge your aerobic and lactic threshold.

***ZUMBA®:** A fun easy to follow aerobic dance class! Has Salsa, meurngue, and top 10! Learn all different styles and have FUN! You do not have to have coordination or rhythm to have fun here! There are 4 different moves per song so anyone can follow and enjoy!